

La Cocina del Cuatro

TEL 03-3315-0775

4-23-2 Koenji-minami, Suginami-ku

Open: 6:00pm-2:00am(Tue-Sat)

6:00pm-12:00am(Sun)

Close: Mondays

Credit Cards Accepted

Recommend

1. シェフのおまかせコース CHEF-NO-OMAKASE-COURSE
("Entrusting to chef" course) ¥ 3000~3500

Oliva y Jamon

2. オリーブ (Olive) ¥ 300
3. 生ハム NAMA-HAM (Uncured ham)
.....Tapas ¥1000/Racion ¥1800
4. チョリソー (Chorizo) ¥ 800
5. ラ・マンチャ地方の羊のチーズ
LA-MANCHA-CHIHO-NO-HITSUJI-NO-CHEESE
(Cheese made from milk of sheep) ¥ 800
6. 生ハム、チーズ、チョリソーの盛り合わせ
NAMA-HAM,CHEESE,CHORIZO-NO-MORIAWASE
(Assorted uncured ham,cheese and chorizo) ¥ 1800

Salad (Tapas ¥680/Racion ¥1180)

7. グリーンサラダ (Green salad)
8. ひよこ豆のサラダ HIYOKO-MAME-NO-SALAD
(Garbanzo bean salad)
9. グリル野菜のサラダ GRILL-YASAI-NO-SALAD
(Grilled vegetables salad)

Tapas

10. サルモレホ
(Salmorejo (a purée consisting of tomato and bread))
..... Tapas ¥380/Racion ¥680

11. 自家製パテ JIKASEI-PATE (Homemade paté) ¥ 480
12. 季節の魚のマリネ KISETSU-NO-SAKANA-NO-MARINE
(Seasonal fish marine) ¥ 580
13. トルティージャ / スペインオムレツ (Tortilla) ¥ 400
14. イカのすみ煮 IKA-NO-SUMINI (Stewed squid) ¥ 800

Ajillo

15. マッシュルームのアヒージョ MUSHROOM-NO-AJILLO
(Mushroom ajillo) ¥ 580
16. しらうおのアヒージョ SHIRAUO-NO-AJILLO
(Whitebait ajillo) ¥ 680
17. ムール貝のアヒージョ MU-RUGAI-NO-AJILLO
(Blue mussel ajillo) ¥ 680

Estofado

18. ほうれん草とひよこ豆の煮込み
HOURENSO-TO-HIYOKO-MAME-NO-NIKOMI
(Stewed spinach and garbanzo bean) ¥ 680
19. レンズ豆の煮込み RENZU-MAME-NO-NIKOMI
(Stewed lentil) ¥ 580

Carne

20. スパイスに漬込んだイベリコ豚ハラミの串焼き
SPICE-NI-TSUKKONDA-IBERIKO-BUTAHARAMI-NO-KUSHIYAKI
(Spit-roasted skirt steak of black Iberian pig in spice sauce)
..... ¥ 580/1piece
21. ミートボールのトマト煮込み
MEATBALL-NO-TOMATO-NIKOMI
(Tomato-stewed meatball) ¥ 840
22. 若鶏のチリンドロン風
WAKADORI-NO-CHILINDRON-FU
(Young chicken chilindron) tapas ¥740/racion ¥1380
23. 豚肉のトマト煮込み BUTANIKU-NO-TOMATO-NIKOMI
(Tomato-stewed pork) tapas ¥840/racion ¥1480



Menu del dia

24. きのこのピクルス KINOKO-NO-PICKLES
(Pickled mushroom) ¥ 480
25. アボカド入リスぺインオムレツ
AVOCADO-IRI-NO-SUPEIN-OMURETSU
(Avocado tortilla) ¥ 400
26. 豚肩ロースと舞茸の鉄板焼き 温州みかんのソース
BUTAKATARO-SU-TO-MAITAKE-NO-TEPPAN-YAKI
(Fired mushroom and pork shoulder roast with mandarin
sauce) ¥ 1780

Arroz y Fideua

27. 十六穀米のメロソ JURROKOKUMAI-NO-MELOS0
(Mixture of 16 different kinds of cereals meloso) ... ¥ 700
28. イカスミのフィデウア (2人前より)
IKASUMI-NO-FIDEUA
(Squid ink fideua(You can order from 2 person)) ¥ 1250/1人前
29. チキンのパエリア (2人前より) CHICKEN-NO-PAELLA
(Chicken paella(You can order from 2 person)) ¥ 1750/1人前
30. イカスミのパエリア (2人前より)
IKASUMI-NO-PAELLA
(Squid ink paella(You can order from 2 person)) ¥ 1500/1人前
31. お魚のパエリア (2人前より) OSAKANA-NO-PAELLA
(Fish paella(You can order from 2 person)) ¥ 1500/1人前



<Notice>

Some of restaurants accept CASH ONLY
The price including or excluding TAX is depending on the restaurant
Some of restaurants require COVER CHARGE
Some of restaurants require to order at least ONE DRINK

<Ingredients/Taste>

Chicken Pork Seafood Vegetables Flour
 Beef Fish Egg Dairy Products Spicy

協力: なみじゃない、杉並!
中央線あるある PROJECT

EXPERIENCE
SUGINAMI TOKYO